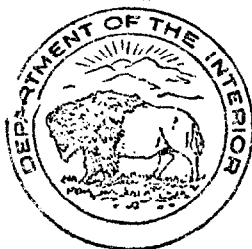


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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release WEDNESDAY, JULY 19, 1950

COOK THAT FISH OUTDOORS, FWS SAYS

Sportsmen know the pleasure of a camp fire and the steaming fragrance of cooking fish, potatoes and coffee. In recent years, this pleasure has been shared by increasing numbers of suburbanites—who take to the open for meals cooked over fire pits, charcoal broilers or open grills.

Sizzling fish, served right from the fire, is a taste-tempting treat which can be enjoyed at the summer camp, on the trail while hunting and fishing, or in the family's backyard retreat by the fire pit. Home economists of the U. S. Fish and Wildlife Service have developed valuable tested recipes which makes it simple. With this information, the men of the family especially are tempted to do the cooking.

The most important thing to remember in cooking fish is that it is too often overcooked. Just enough cooking to enable the flesh to be flaked easily from the bones will leave the fish moist and tender, bringing out its delicate flavor. The use of aluminum foil adds to the ease of outdoor fish cooking, retaining of flavor, and the complete freedom from dish washing.

Two FWS recipes, just released, are:

Fish Baked in Aluminum Foil

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|---------------------------------|------------------|
| 2 pounds fish steaks or fillets | 6 slices onion |
| 1 teaspoon salt | 6 sprigs parsley |
| 1/8 teaspoon pepper | |

Divide the fish into serving size pieces and season with salt and pepper. Wrap individual servings in aluminum foil, sealing edges securely. Bury packages of fish in coals of open fire (not near flames). Bake 20 minutes, remove from coals and serve in foil packages with melted butter. Serves 6.

Fish Broiled Out-of-Doors

| | |
|---------------------------------|-----------------------------|
| 2 pounds fish steaks or fillets | 4 tablespoons melted butter |
| 1 teaspoon salt | or other fat |
| 1/8 teaspoon pepper | Lemon wedges |

Season fish with salt and pepper and brush with melted butter. Arrange fish in double broiler (old fashioned hinged toaster) and broil over bed of live coals about 8 minutes to a side or until fish flakes easily when tested with a fork. Brush frequently with melted butter. Serve immediately with lemon wedges. Serves 6.

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